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Self assessment of person-centered perceptions in the secondary care obesity setting: feasibility and utilityBrown, J¹, Kulkarni, UV², Broom, J¹²¹NHS Grampian, Aberdeen, Scotland² The Robert Gordon University, Aberdeen, Scotland

Background: In secondary care obesity management there is a real risk of overlooking day-to-day aspects of obesity and obese individuals' self perceptions, both of which have the potential to influence outcomes.

Methodology: Previously validated self assessment questionnaires were used to acquire data from a person-centered perspective of obesity. These assessments were obtained at first referral visits to a secondary care obesity clinic

Results: 94 individuals (79 females) provided assessments, ages 18-73 years with BMI 30.2-81.1kg/m². 76.6% identified previous attempts at weight loss. Of those, 56.9% quantified up to 50 attempts and 43.1% were unable to enumerate attempts. Nobody wanted to lose <10% of their body weight and almost half (47.8%) wanted to lose >30%. Problems with activities of daily living in this sedentary group were high: 60.6% reported moderate/high scores for difficulty (correlation with BMI = 0.3, p <0.01). They reported high levels of food cravings, poor sleep, body pain, sweating and breathlessness. Statistically significant correlations were found between food cravings and guilt, boredom and poor sleep. Beliefs indicated that 72.9% felt responsible for their own weight. While responding to questions about external locus of control only 22.8% agreed.

Conclusion: Health professionals should take account of the perceptions of those who seek treatment for their obesity. Weight loss expectations and beliefs should be addressed before implementing weight loss interventions. We show the feasibility and utility of incorporating physical, emotional and social needs self-assessments into a secondary care obesity setting.

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Type D personality obese patients have an increased risk for cardiovascular and metabolic complications^{1,2}Barbu C, ^{1,2}Sirbu A, ²Georgescu O, ²Minea L, ²Ursache M, ^{1,2}Fica S¹Carol Davila University of Medicine and Pharmacy, Bucharest, Romania²Elias University Hospital, Bucharest, Romania

Type D personality, a behavioral construct characterized by the tendency to experience negative emotions and to avoid social contacts, was associated with increased risk for cardiovascular morbidity

The Aim: of this study was to investigate the role of type D personality in the pathogeny of cardiometabolic complications in obese patients and to see if the activation of HPA axis involved in this personality construct is associated with a change in cortisol levels.

Patients and Methods: Clinical (BP, waist circumference, BMI) and paraclinical (HOMA-R index, lipid profile, basal and after 1 mg dexametasone suppression test plasma cortisol) parameters were evaluated in 74 severely obese patients. All patients completed a psychological questionnaire to assess Type D personality.

Results: 13.54% of the obese patients had features of type D personality. Type D personality patients had a higher prevalence of high blood pressure (80% vs 42.1%, p<0.05) and coronary artery disease (50% vs 20.3%, p< 0.05), as well as higher HOMA index (8.35 ± 2.4 vs 4.92 ± 3.12 , p<0.01) and higher LDL cholesterol levels (154.78 ± 27.56 vs 123.82 ± 38.6 , p<0.05) There was no significant difference between waist circumference, BMI, basal or suppressed cortisol levels between the two groups.

Conclusions: Type D personality obese patients have an increased prevalence of cardiovascular complications of obesity, but also have an altered lipid profile and increased insulin resistance. Screening for type D personality could identify a subgroup of obese patients with an increased risk for metabolic complications

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Body composition and body image perception in portuguese and spanish college students: Comparative study between overweight /obese and normal weight womenPereira, E¹; Lacerda, F¹; Valador N¹; Ferro-Lebres, V¹; Arroyo, M²¹ Instituto Politécnico de Bragança – Escola Superior de Saúde, Portugal.²Universidad del País Vasco (UPV/EHU) – Facultad de Farmacia – Departamento de Nutrición y Bromatología, Spain.

Objective: To evaluate body image perception and compare with real measures of body composition between overweight/obese and normal weight women college students.

Subjects: The reported sample included 600 students from Portugal and Spain.

Material and Methods: The anthropometry variables: weight, height, skinfolds, circumferences and body mass index, waist-hip ratio, percentage of body fat and fat-free mass- FFM were compared with reference values. The body image perception and satisfaction were estimated using Somatomorphic Matrix and Body Shape Questionnaire (BSQ34).

With the difference between actual and ideal measures was obtained the dissatisfaction through body image. For data analysis was used t-test and Pearson correlation.

Results:10,7% of the Spanish sample was overweight/obese. Statistical significance was found between real and ideal FFM (P<0,01), showing a medium body dissatisfaction. Fat mass was well estimated.

The Portuguese measures are elapsing now. The results will be finished before the congress date.

Conclusions: These results constitute a first approach of body image perception and satisfaction, in Portuguese and Spanish students.

Recent studies consider the cultural thinness preoccupation, the weight prejudice and disturbances in body image, mainly a discrepancy between perceived and ideal body image, extending beyond the health risks associated with obesity, and have become a serious problem. And the effect of body size and composition feedback is more pronounced in overweighted. Our study shows the importance of public health actions in the education of body image perception and satisfaction in Portugal and Spain, as a measure preventing eating disorders and other mental disturbances, especially between overweight/obese women.

Key words: body image, self-estimation, body mass index, overweight/obesity, Portuguese and Spanish women.

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Short-term multidisciplinary therapy improves the resting substrate oxidation, food intake and body composition in obese Brazilian adolescentsMartinz, AC^{1*}, Carnier, J^{1*}, De Piano, A^{1*}, Gasques Filho, OM^{1*}, Caranti, DA^{1*}, Lofrano, MC^{1*}, Tock, L^{1*}, Lederman, H^{2*}, Ernandes, RMY², Mello, MT^{3*}, Tufik, S^{3*}, Damaso, AR^{1,4*}.¹Post Graduate Program of Nutrition, ²Department of Diagnostic Imaging,³Department of Psychobiology, ⁴Department of Health Sciences, ⁵Association

Found of Incentive to Psychobiology

*Federal University of São Paulo, Brazil – Paulista Medicine School - UNIFESP-EPM

Background and Aims: The prevalence of overweight and obesity has increased dramatically in Brazil mainly as a consequence of disturbances in energy balance. In this way, it was verified the effects of short-term multidisciplinary therapy on resting metabolic rate, the rate substrate oxidation in resting, food intake and body composition in obese Brazilian adolescents.

Methods: Twenty post-puberty obese adolescents were enrolled, including 11 boys (BMI 36.00 ± 4.23 wt/ht²) and 9 girls (BMI 34.75 ± 3.70 wt/ht²). Resting metabolic rate and nutrient oxidation was measured by indirect calorimetry. Food intake was assessed by 3 days recordatory inquiry. Body composition was measured by Plethismography and visceral fat was analyzed by ultrasound.

Results: We could observe a significant decrease of body mass and BMI in both groups after six months of multidisciplinary intervention. Analyzing macronutrients intake, we verified a significant decrease of the FAT and carbohydrate (CHO) intake in both gender. The FAT oxidation presented a significant increase in both gender after therapy.

Conclusion: Our investigation demonstrated that short-term multidisciplinary therapy was effective to improve energy balance to promote obesity control.

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